

Pasta Salad

Meal Components: Vegetable, Grains

Salads, E-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 1 1/2 qt		2 gal 3 qt	1. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		1/4 cup	
Whole grain-rich pasta spirals	1 lb 11 oz	2 qt 1 1/4 cups	3 lb 6 oz	1 gal 2 1/2 cups	2. Slowly add pasta spiral s or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. Rinse under cold water.
OR	OR	OR	OR	OR	
Whole grain-rich pasta shells, medium	1 lb 15 oz	2 qt 3 3/4 cups	3 lb 14 oz	1 gal 1 7/8 qt	
Frozen mixed vegetables, thawed and drained	2 lb 4 oz	1 qt 1 1/2 cups	4 lb 8 oz	2 qt 3 cups	3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 5 lb 1 oz (approximately 2 qt 1 ? cups) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less.
OR	OR	OR	OR	OR	
Canned mixed vegetables,	2 lb 9 oz	1 qt 1 3/4 cups (2/3	5 lb 2 oz	2 qt 3 1/2 cups (1	

Frozen chopped broccoli, thawed and drained	1 lb 7 oz	3 1/2 cups	2 lb 14 oz	1 qt 3 cups
Ground black or white pepper		1 tsp		2 tsp
Italian Dressing (see E-15)		2 cups		1 qt

4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving.
6. Portion with No. 10 scoop (? cup).

Notes

A new nutrient analysis will be coming.
Updated July 2014. Restandardization in Progress.

Serving	Yield	Volume
3/8 cup (No. 10 scoop) provides 1/8 cup additional vegetable and 1/2 oz equivalent grains.	50 Servings: about 10 lb 2 oz 100 Servings: about 20 lb 4 oz	50 Servings: about 1 gallon 2 ¾ cups 2 pans 100 Servings: about 2 gallons 1 ½ quarts 4 pans

Nutrients Per Serving					
Calories	141	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol		Calcium	17 mg
Carbohydrate	17 g	Vitamin A	1309 IU	Sodium	165 mg
Total Fat	7 g	Vitamin C	10 mg	Dietary Fiber	2 g